

# Classroom PE

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## HELP!!!

I have no money for equipment or a place to do P.E.

## You Can Teach an Old Dog New Tricks

- You can get 90 minutes or more of P.E. each week
- Kids want and need to move
- Don't focus on what you don't have. Look at what you do have



## Reduce, Reuse, and Recycle P/E.

- Kleenex Scarf Juggling
- Pizza Box Stretching
- Balloon Hacky Sack
- Soda Bottle Pin Ball
- Bopper Ball

## Activity Sheets

- Have students get in groups of 4, 5, or 6
- Give one sheet to each group
- Play music - The Hamster Dance Song
- Activity sheet ideas (make sure each sheet is in a different order)
  - Stand like a flamingo for 10 seconds
  - Do 5 jumping jacks
  - Run in place for 15 seconds
  - Scream with fright
  - Clap your hands 10 times
  - Yell "hurrah"
  - Tap 3 people on the shoulder
  - Pretend to hula hoop 10 times
  - Pretend jump rope 10 times
  - Run in place while saying the alphabet
  - Bend and stretch 5 times
  - Circle your arms backwards 10 times
  - Touch your head shoulders, knees and toes 3 times
  - Shake hands with everyone in your group



## Pizza Box Stretching

- Over and under
- Reverse over and under
- Side to side
- Reverse side to side
- Extend side to side figure 8
- Over the Shoulder One hand side to side
- Play music That's Amore / Dean Martin



## Stretch Bands

- I only use for seated upper body workout
- Visit [www.exercise-equipment-review.com/therabands.html](http://www.exercise-equipment-review.com/therabands.html) for more information about buying and using Therabands
  - You can also use elastic from a sewing store
- Play Music - Soul Man / The Blues Brothers

## Rainbow Stretch

- Sit in a v shape
- Dip opposite hand by opposite foot
- Stretch up and out
- Repeat several times
- Play Music – Over the Rainbow

## States and Capitals

- Find a partner
- One partner has answer sheet and asks partner a capital question
- If they answer right they get a high 5 if wrong they say the right answer 3 times while doing ski jumps
- After answering 3rd question switch with that partner
- Play Music – I've Been Everywhere / Johnny Cash

## Balloon Hacky Sacks

- Four basic kicks
  - Visit <http://www.x-village.com/fbinfoframe.html> for more hacky sack information
- Great soccer warm up
- Great brain activity
- Play Music - Jump / Van Halen

## Rock, Paper, Scissors

- Everybody gets 5 tokens
- You may challenge anyone but not twice in a row unless it's a tie

- If you win you get of their tokens
- If you lose you have to do 5 skier jumps
- A New Way to Walk / Sesame Street

### **Kleenex Scarf Juggling**

- Scarves can be expensive so use Kleenex instead
- Pass out 2 kleenex to each student
- Visit [www.jugglingworld.biz/tricks/tricks\\_scarf\\_juggling.html](http://www.jugglingworld.biz/tricks/tricks_scarf_juggling.html) for more information about juggling

### **Final Balloon Fun**

- Green flick with finger
- Red tap with toe
- Blue hit with palm of hand
- Kids stay in seat while playing
- Play Music – 99 Red Balloons / Countdown Singers

### **Playing Music makes everything more fun.**

Use the suggestions listed for each activity or find your own music.

- Songs can be downloaded at [www.apple.com/itunes](http://www.apple.com/itunes)

